

Week Of Oct 19-24

Always 1 mile  
warm up

Always Stretch!  
Always after fartleks--6-8 hills

Always speed drills

Always cool down

	Workout A	Workout B	Other?
Monday	tba	tba	
Tuesday	SVC Meet 4:30--site tba	SVC Meet 4:30--site tba	
Wednesday	tba	tba	
Thursday	tba	tba	
Friday	tba	tba	
Saturday	Regional Meet--tba	Regional Meet--tba	